

# War and peace

## **War and Peace,**

Much war exists outside, much war exists inside.

To live in the trenches might be easier than the path of the soul.

You who has fought everything, when does your war end?

Peaceful outside, war inside. How does your uprising ends?

Sleeping inside, war outside? This is what happens.

There is only one way, utter surrender, inside and outside,

to beauty, love, life.

Practice this and all will grow OK.

20130911 For a friend